Examining Nutrition Study Guide

Investigations 1-5

* Things to Know
  + Vocabulary
    - Digestion
    - Chemical Digestion
    - Mechanical Digestion
    - Digestive System
    - Food
    - Nutrients
    - Food Group
    - Nutrition Label
    - Serving Size
    - Daily Value
    - Carbohydrates
    - Fats
    - Proteins
  + Parts of the Digestive System
  + MyPlate Food Groups
    - Examples of what should be on your plate
  + Short Answer Questions
    - Why it is important to include all the food groups on your plate?
    - How can you balance unhealthy and healthy foods?